

GENDER IDENTITY THERAPY SERVICE
INFORMATION FOR CHILDREN, YOUNG PEOPLE, PARENTS/CARERS & PROFESSIONALS

Who we are open to:

This service is currently funded for Southampton Young People only (aged 12-18).

What we offer:

We aim to provide a supported thinking space for young people experiencing confusion, distress or interpersonal difficulties related to gender. As there is normally a wait for this therapy and we cannot provide any crisis support or psychological assessment, we encourage professionals, parents or carers who are concerned about a child/young person's wellbeing, to access help from 111, their GP or local CAMHS alongside any referral to us. For information about referral to one of the national children and young people's gender services, see [National Referral Support Service – AGEM Gender Services](#)

For young people aged 12-18

Although we occasionally offer an individual or family session to meet an identified need, most of our work with adolescents takes place in a therapy group that meets on a Thursday 5.15-6.45pm during term time. The group aims to uses creative and talking therapies to help young people:

- Express thoughts & feelings that may be hard to put into words.
- Build social skills and confidence through exchange with others and participation in group activity.
- Explore thoughts and feelings about gender and related distress – considering the many possible contributing factors.
- Recognise and manage uncertainties about the future, holding in mind the many possible ways in which gender-related difficulties can develop, resolve or change over time.
- Look at things from different perspectives.
- Explore ways of coping with challenging experiences or emotions.
- Build on strengths & consider aspects of identity aside from gender.

Following referral, we meet with a young person and where possible a parent/carer/involved professional, to consider suitability for this type of approach.

Support for parents and carers

We facilitate a group once each term where parents/carers of young people engaged with this service can meet to support one another, share information and ideas about supporting their child/family and where we sometimes hear from visitors with relevant expertise/experience.

How can I access the service?

Referrals can be made by a parent/carer or professional. Please use the Get Help tab on our website www.yellowdoor.org.uk and click on 'Make a Referral' to find the Gender Identity Therapy Service Referral Form.

If you are a young person aged 16+ and wish to self-refer please contact us at info@yellowdoor.org.uk.

We attempt to initially respond to all referrals within 4 weeks.

